

24 HOUR LIGHTWEIGHT BACKPACK LIST

Created by: Darian Davis (Light Racer)

BPL Contest submission

X	ITEMS WORN & CARRIED	TARGET WEIGHT	ACTUAL	Category Considerations
	Synthetic t-shirt	5		Using non-traditional backpack clothing such as technical clothing marketed towards runners, tri-athletes, adventure racers, and bicyclists has great advantages. This type of clothing offers a comfortable athletic fit, wicking fabrics, lightweight, water and wind resistance and durability. <i>*This category is <u>not</u> included in Base Pack Weight.</i>
	Thermal bike arms	2		
	Trail running pants	7		
	Trail runner shoes	24		
	Lightweight running sock	2		
	Hat (baseball or bucket style)	3		
	Watch w/compass & altimeter	2		
	Trekking Poles	16		
	Total	61 ounces		
PACKING				
	Backpack frameless 2,500+ cu	24		For Backpacks I suggest either making your own or modifying a commercially available product. You can shave an amazing amount of weight by removing the frame, unnecessary straps, and company logos.
	Garbage bag pack liner	2		
	12"x15" Odor proof food bag	2		
	Sub Total	28 ounces		
SLEEPING & SHELTER				
	Tarp Tent	32		By using a tarp tent for a quick 24 excursion you can easily get away with a minimal quilt or a half bag while maintaining your sanity from the bugs. Both would require all of your clothing while sleeping.
	Quilt or half bag	20		
	48" sleeping pad (pack frame)	10		
	(6) Titanium stakes/guy lines	2		
	Sub Total	64 ounces		
CLOTHING (packed)				
	Insulating top	10		Your insulating top should be a synthetic material. The rain jacket can be the light laminate material since this is a quick 24 trip. Once again several inexpensive bicycling versions that are waterproof and breathable exist for less than \$100. Wind pants would be more than enough for lower leg rain protection.
	Wind Shirt	3		
	Wind Pant (Rain)	3		
	Rain jacket	10		
	Insulating Hat	2		
	Liner Gloves	2		
	Sub Total	30 ounces		
COOKING & HYDRATION				
	Alcohol stove, screen, & bottle	3		Lightweight small mug is all you need for your boil in a bag dinner and a hot cup of coffee in the morning. A homemade or wind screen incorporated alcohol stove is your best bet with a few ounces of fuel.
	24oz pot w/ foil lid	4		
	Long handled spork	1		
	Mini lighter & matches	1		
	(2) 1 liter sports drink bottles	2		
	Chlorine Dioxide Drops	1		
	Sub Total	12 ounces		
ESSENTIALS				
	Small 1 st Aid Kit	2		1 st Aid should be minimal with blister pads, a couple of sterile pads, a single roll of roller gauze and some pain reliever tablets. Your headlamp should be bright enough for nighttime trail use since you're going to make full use of your 24 hours which may leave you in the dark locating your camp.
	Mini Headlamp	2		
	Hand gel, soap, & toothbrush	2		
	Deet & sunscreen	1		
	Mini pocket knife	2		
	50' cord (bear bag line)	3		
	Sub Total	12 ounces		
	TOTAL BASE WEIGHT	145 ozs. (9.13lbs)		

This list is designed to easily facilitate purchasing, organizing, and assembling a lightweight backpacking kit weighing no more than 10 pounds (Base weight) that will provide the user with a safe and comfortable lightweight experience during a 24 hour trip in 3 season conditions.

*Use the **Target Weights** column as your maximum for each item. Record your **Actual Weights** using exactly what you are bringing so you know what you should be focusing on. Using ounces instead of pounds creates more of a sense of focus and commitment and is more accurate for comparing like items.*